VISIT…

漢光食藝精粹

Highlight's Chinese Gourmet Cooking

蔬菜素菜類 Vegetarian Dishes

jpepito王鼎汉

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漢光食藝精粹—蔬菜素菜類

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序

漢光公司出版食藝系列圖書，已有將近六年的歷史。不論食譜的編寫、菜餚的烹製與拍攝，都是由多位經驗豐富的同仁親自動手，協力完成。兼以設計大方，印刷精美，所以問世以來，一直廣爲社會大衆所喜愛。

這一系列中、英文對照的「漢光食藝精粹」，是應廣大讀者的要求而設計的——許多在學的讀友表示，他們以囊中不夠寬裕爲憾；負笈海外的學子則希望將食譜譯爲英文，以便介紹給國際友人。爲此我們特將前批出版的「漢光菜卡」改爲菊十六開本，並加譯英文，以實惠的價格服務讀者。希望此舉對中華食藝的傳習與推廣，能夠有所貢獻。

漢光文化事業股份有限公司　謹識

FOREWORD

We have been publishing our series of cookbooks for six years. Some of our readers who are in school have expressed the need for more economical, low-budget recipes; others who have left the R.O.C. to study abroad have asked that we publish an English edition to introduce their new friends to exciting experience of Chinese cookery. In response to these demands, we have changed our "Chinese Cooking Cards" to $5\frac{7}{8}" \times 8\frac{1}{4}"$ size, added English translations, and kept economy in mind. It is Hilit's pleasure to contribute towards the promotion and understanding of Chinese cooking, a significant aspect of Chinese culture.

Hilit Publishing Co., Ltd.

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豆皮菜心

BRAISED GREEN VEGETABLES AND BEANCURD SKINS

材料：

乾豆腐皮(亦叫豆皮，新鮮的則叫豆包)6～8張，如爲新鮮的豆包只需 3 塊、青江菜600公克、太白粉水1大匙、沙拉油3大匙、清水或高湯3大匙。

Ingredients:

6～8 sheets dried beancurd skins (or 3 packs fresh beancurd skins), 1.3 pounds small green leafy vegetables (green-stemmed flat cabbage), 1 tablespoon cornstarch paste, 3 tablespoons oil, 3 tablespoons water or stock

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
44 g	49 g	21 g	2470mg	——	671cal.

調味料：

鹽1茶匙、味精¼茶匙。

Seasonings:

1 teaspoon salt, ¼ teaspoon MSG

做法：

1. 青菜摘去老殘外葉洗淨，有兩種處理法：一是煮滾一鍋水，把摘洗好的菜投入煮1～2分鐘，撈起用冷水冲凉透，則其色青翠十分美麗，但營養差些；一是直接投下炒鍋用油炒熟。讀者可按自己需要採用一法，前者係宴客常用。
2. 乾豆皮要小心撕成大片，而豆包則最好另用炒鍋先用3～4大匙的熱油，煎炸至皮面焦黃，再切成3公分見方片備用。
3. 炒鍋加熱放下油，再放下鹽、洗淨的青菜(如果是先用燙煮的菜要注意擠乾水份再放下油鍋)快速炒動，加清水，隨加豆腐皮或豆包，加蓋用大火燜煮½分鐘，開蓋翻炒½分鐘並加味精，再淋下太白粉水勾芡即可起鍋了。

Method:

1. Discard any old, withered leaves still on the green vegetables; wash them. The vegetables can then be cooked in either of the following ways:
   A. Parboil the vegetables in boiling water for 1～2 minutes, then cool them with cold water. The vegetables will become brighter and more beautiful in color, however some of the nutriments will be lost.
   B. Fry the vegetables directly with oil after washing. Method A is suitable for banquets.
2. Tear the dried beancurd skins carefully into large pieces. (Fresh beancurd skins should be fried till golden brown before being sliced into inch pieces.)
3. Heat the oil in a wok, add salt and the vegetables and quickly stir-fry. (If the vegetables have been parboiled, be sure to squeeze out the excess water before stir-frying.) Add water and beancurd skins. Cover the wok and simmer for 30 seconds over high heat. Add MSG and stir-fry for another 30 seconds. Thicken the vegetables with cornstarch. Transfer to a serving dish.

jpepito王鼎汉

滷扎素捲

SPICED BEANCURD SKIN ROLLS

材料：

乾豆腐皮半圓4張、豆包(鮮豆腐皮)12塊、香菇3朵、紗布 2 張 (45公分正方)、麻繩 (每段90公分) 2段、沙拉油6大匙。

Ingredients:

4 sheets dried beancurd skins (semicircularly-shaped), 12 pieces fresh beancurd skins, 3 dried black mushrooms, 2 pieces gauze (1½×1½ square feet), 2 sections hemp rope (each 3 feet long), 6 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
82 g	132 g	66 g	7325mg	——	1728cal.

調味料：

醬油3～4大匙、糖3大匙、鹽1茶匙、味精½茶匙、麻油2大匙、水3大匙。

Seasonings:

3～4 tablespoons soy sauce, 3 tablespoons sugar, 1 teaspoon salt, ½ teaspoon MSG, 2 tablespoons sesame oil, 3 tablespoons water

做法：

1. 香菇用水泡2小時切去蒂(可留作湯)，再剁成細碎小粒，和調味料放在一起拌勻；鮮豆包打開，泡在拌勻香菇屑的調味料中充分用手抓均勻浸放20分鐘。
2. 乾豆腐皮半圓互反相疊，把浸了味的鮮豆包平舖成長形，然後從一頭向另一端緊緊捲起。
3. 把捲好的豆皮斜放在紗布的對角綫，緊緊捲包成長條捲，再用麻繩繞捆紮牢。
4. 蒸鍋加水煮滾，再將紮好的素捲移入蒸15分鐘，取出打開紗布等略凉些，整條放入油已加熱的炒鍋中煎成兩面焦黃，取出等凉透了才切成薄片供食。
5. 自己做的素捲乾淨而味香，宴客自用都很相宜，且可先多做些不必打開紗布，凉透後用膠袋包裝存放冰箱中，隨吃隨取用。

Method:

1. Soak the dried black mushrooms in water for 2 hours. Cut off the stems, discard. Dice finely and mix well with the seasonings. Unfold the fresh beancurd skins and marinate in the seasonings for 20 minutes. (Use your hand to blend well.)
2. Arrange the dried beancurd skins in overlapping pairs, then place the marinated beancurd skins on top. Roll each one tightly into a sausage shape.
3. Place this diagonally on the gauze and wrap up into long rolls. Then bind tightly with the hemp rope.
4. Put the gauze roll in a steamer after the water has come to a boil; steam for 15 minutes. Remove; take off the gauze. Leave the rolls to cool.
5. Heat some oil in a pan, then fry the beancurd rolls on both sides till golden brown. Remove from the pan and slice thinly when the rolls have cooled completely.

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双菇菜心

STIR-FRIED MUSHROOMS AND GREEN VEGETABLES

材料：

香菇(大)6朵、鲍鱼菇150公克、青江菜1200公克、沙拉油5大匙。

Ingredients:

6 large dried black mushrooms, 5.2 ounces large abalone mushrooms, 2.6 pounds small green leafy vegetables (green-stemmed flat cabbage), 5 tablespoons oil

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
8.6 g	65.9 g	29.6 g	3700mg	——	745.9cal.

調味料：

①醬油1½大匙、糖1茶匙、鹽1茶匙、味精½茶匙。

②太白粉1大匙、麻油1茶匙。

Seasonings:

①1½ tablespoons soy sauce, 1 teaspoon sugar, 1 teaspoon salt, ½ teaspoon MSG

②1 tablespoon cornstarch, 1 teaspoon sesame oil

做法：

1. 香菇以½碗清水浸泡 2 小時，去蒂；鮑魚菇洗淨切去硬蒂，切成 10 公分見方塊；青江菜摘去老殘葉，只留菜心，洗淨滴乾水份。
2. 炒鍋入油，先放下香菇爆香，2分鐘後再放下青江菜和鮑魚菇、①料，一面加泡香菇的水，加蓋用大火煮1分鐘。開蓋淋下②料，滾透即可。
3. 盛入盤中，將菇、菜分成兩部份較美觀。

Method:

1. Soak the dried black mushrooms in ½ cup of water for 2 hours; reserve this water. Cut off the stems. Dice into 3″ square pieces.
2. Wash the abalone mushrooms; clean and discard any tough stems. Cut them into quaters.
3. Discard any old leaves still on the vegetables; wash and drain thoroughly.
4. Heat the oil in a pan and stir-fry the diced dried mushrooms for 2 minutes. Add the vegetables, abalone mushrooms, and seasoning ①. Add the water from the dried black mushrooms. Cover the pan and simmer over high heat for 1 minute. Remove the lid and thicken the liquid with seasoning ②. After this comes to a boil, transfer to a serving dish. (The dish will looks better if you put the mushrooms and vegetables on opposite sides.)

釀金錢

STUFFED BLACK MUSHROOMS

材料：

老豆腐1塊、白薺、胡蘿蔔、榨菜（或酸菜）肩各2大匙、毛豆2大匙、香菇約16～20朵、太白粉1大匙、沙拉油8大匙。

Ingredients:

1 square beancurd, 2 tablespoons chopped water chestnut, 2 tablespoons chopped carrot, 2 tablespoons chopped preserved mustard root (or sour cabbage), 8 tablespoons oil, 16～20 dried black mushrooms, 1 tablespoon cornstarch, 2 tablespoons green beans

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
16.7 g	110.8 g	61.6 g	3099mg	4.7 g	1310.4cal.

調味料：

①白胡椒⅓茶匙、味精½茶匙、鹽⅓茶匙、糖½茶匙、太白粉½大匙。

②醬油1½大匙、糖1茶匙、高湯3大匙、味精⅓茶匙、鹽⅓茶匙。

Seasonings:

①⅓ teaspoon white pepper, ⅓ teaspoon MSG, ⅓ teaspoon salt, ½ teaspoon sugar, ½ tablespoon cornstarch

②1½ tablespoons soy sauce, 1 teaspoon sugar, 3 tablespoons stock, ⅓ teaspoon MSG, ⅓ teaspoon salt

做法：

1. 將老豆腐洗淨切成細屑粒，然後加白蕎、胡蘿蔔、榨菜、①料攪拌均勻。
2. 炒鍋入油4大匙，倒入拌勻的屑料炒1½分鐘後盛起備用。
3. 香菇去蒂，浸水2小時，取出擠乾水份，並在內面抹上少許太白粉，然後釀入一些炒過的屑料，仔細用手壓成微凸狀，最後再擺釀幾粒毛豆於上面。
4. 炒鍋洗淨入油，先用油潤遍全鍋，再放入釀好的香菇(釀屑面朝下)略煎至焦硬，小心翻面(香菇面朝下)並倒入②料加蓋燜煮1分鐘，即可盛起供食。

Method:

1. Wash the beancurd, water chestnut, carrot, and preserved mustard root, then chop finely and combine with seasoning ①.
2. Heat up 4 tablespoons of oil in a wok, then stir-fry the chopped ingredients for 1½ minutes. Remove.
3. Remove the mushroom stems and place in a bowl of cold water; soak for 2 hours. Drain the mushrooms, then squeeze dry and coat the inside of each one with a little cornstarch. Fill the mushrooms with the prepared filling, pressing down firmly with the palm of the hand. The filling should be slightly rounded, not pressed flat. Garnish each mushroom with 1 or 2 beans.
4. Heat the 4 tablespoons of oil in a wok; swirl oil around to coat the entire wok, then add the mushrooms, filling side downwards. Fry till golden brown. Turn the mushrooms over very carefully and add seasoning ②. Cover and simmer for 1 minute, arrange the mushrooms on a serving dish and pour liquid over mushrooms.

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红乳燴豆腐

BEANCURD IN RED SAUCE

材料：

老豆腐2大塊、沙拉油5大匙、紅豆腐乳1塊、紅乳汁1½大匙。

Ingredients:

2 squares beancurd, 5 tablespoons oil, 1 piece fermented red beancurd, ½ tablespoon liquid from fermented red beancurd

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
16.7 g	84.9 g	25.4 g	200mg	0.2 g	932.53cal.

調味料：

糖1½大匙、清水⅓飯碗、味精½茶匙、麻油 2 茶匙。

Seasonings:

1½ tablespoons sugar, ⅓ cup water, ½ teaspoon MSG, 2 teaspoons sesame oil

做法：

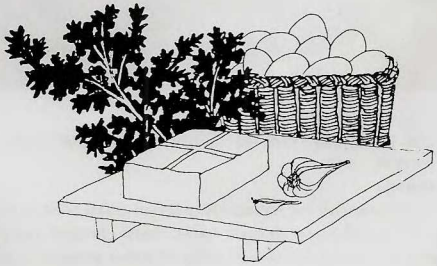
1. 老豆腐入稀鹽水中滾煮3分鐘後撈起，滴乾水份，切成小方粒。
2. 炒鍋入油，放下紅豆腐乳和汁一邊用中火拌炒一邊壓碎，再放入豆腐丁和調味料翻炒後，加蓋燜煮到汁收乾即可(燜煮時亦須略翻炒)。

Method:

1. Cook the beancurd in boiling salted water for 3 minutes, drain and dice.
2. Heat the oil in a wok; add the fermented red beancurd and liquid; stir-fry over moderate heat. Mash the fermented beancurd, then add the diced beancurd and seasonings. Continue to stir-fry a while longer, then cover and simmer till the liquid is completely absorbed. (Stir from time to time while simmering.)

備註：

此菜本來應該用牛奶中提煉出的乳酪來做，但因爲手續繁複故以豆腐乳代替。



素排骨

VEGETARIAN SPARERIBS

材料：

油條1½條、芋頭¼個、炸油1鍋、沙拉油 4 大匙、蒜屑⅓大匙、紅辣椒屑少許、蔥段（或青椒）少許。

Ingredients:

¼ taro, 4～5 cups oil for frying, 1½ you-tiao (deep fried batter sticks), 4 tablespoons oil, ⅓ tablespoon chopped garlic, some chopped red chili peppers, some chopped green onion (or several slices of green pepper)

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
22.6 g	91.3 g	114.8 g	7360mg	0.7 g	1371.3cal.

調味料：

①麵粉½飯碗、雞蛋2個、鹽½茶匙、沙拉油½大匙、清水適量。

②番茄醬3大匙、糖3大匙、醬油1大匙、味精½茶匙、清水½飯碗、胡椒粉½茶匙。

③黑醋3大匙、麻油2茶匙、香菜屑少許。

Seasonings:

① ⅓ cup flour, 2 eggs, ½ teaspoon salt, ½ tablespoon oil, some water

② 3 tablespoons catsup, 3 tablespoons sugar, 1 tablespoon soy sauce, ½ teaspoon MSG, ⅓ cup water, ½ teaspoon ground pepper

③ 3 tablespoons dark vinegar, 2 teaspoons sesame oil, some fresh chopped coriander

做法：

1. 芋頭去皮，切成筷子粗細的 5 公分長條。(可略炸，撈起滴乾油備用。)
2. 油條1分爲2，切成 3 公分長段，每段用筷子從中穿通(不可戳破皮)，將芋條填塞於中空處。
3. ①料拌勻，醒10分鐘，將塞好的油條沾裹拌勻的①料。
4. 炸油加到八分熱，把沾好①料的油條投入炸成金黃色撈起。
5. 炒鍋入油，放下蒜和紅辣椒爆香，倒下②料翻炒至滾，投入炸好的油條和葱(或青椒)，再炒1分鐘，淋下③料即可盛食。

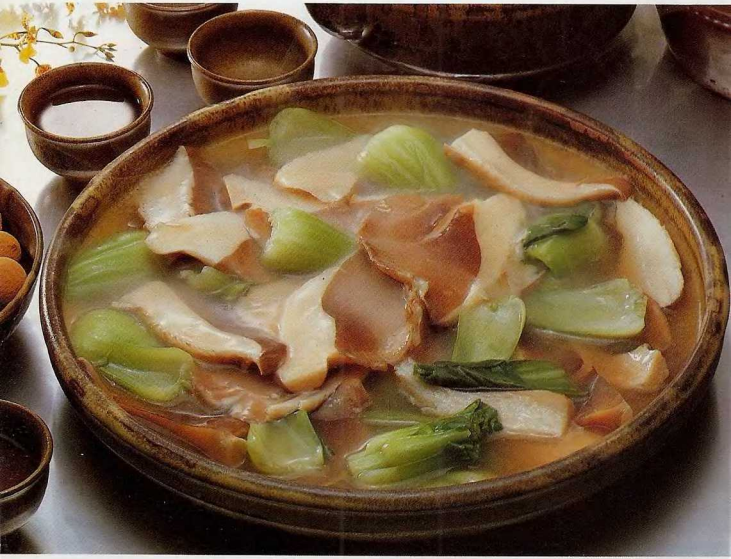
Method:

1. Peel the taro and cut into 2″ long sticks the thickness of a chopstick. Heat oil and deep fry the taro sticks for a few seconds only, then drain and set aside.
2. Cut the you-tiao into 1 inch long sections. Use a chopstick to hollow out each one, taking care not to break the outside skin. Stuff one or two taro sticks into the hollow you-tiao.
3. Beat seasoning① to make a batter; let stand for 10 minutes. Coat the stuffed you-tiao with the batter.
4. Heat oil till moderately hot, then add the stuffed you-tiao and deep fry until golden brown. Remove and drain.
5. Pour off all but 4 tablespoons of oil from the wok. Stir-fry the garlic and red chili pepper for a few seconds, then add seasoning ② and bring to a boil. Add the stuffed you-tiao and the green onion (or green peppers); stir-fry for 1 minute more. Sprinkle seasoning ③ over the top. Remove to a serving dish.

jpepito王鼎汉

蠔油菜心燴鮑魚菇

MUSHROOMS AND GREEN VEGETABLES IN OYSTER SAUCE



材料：

青江菜3～4棵、鮑魚菇300公克、沙拉油4大匙、素高湯½飯碗、麻油½茶匙。

Ingredients:

3～4 small green leafy vegetables, 10 ounces abalone mushrooms (or any large fresh mushrooms), 4 tablespoons oil, ½ cup stock, ½ teaspoon sesame oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
14.4 g	59.2 g	31.1 g	3200mg	4.2 g	714.8cal.

調味料：

①鹽1茶匙、蠔油 1 大匙、糖½大匙、味精½茶匙。

②太白粉½大匙、清水1½大匙(調勻)。

Seasonings:

① 1 teaspoon salt, 1 tablespoon oyster sauce, ½ tablespoon sugar, ½ teaspoon MSG

② ½ tablespoon cornstarch, 1½ tablespoons water

做法：

1. 青江菜去根和老殘葉，洗淨後對剖切成大片；鮑魚菇切去蒂頭少許，洗淨切成大片。
2. 青江菜和鮑魚菇放入滾水中煮1分鐘後撈起，立刻放入冷水中浸冷，再取出滴乾水份。
3. 炒鍋入油，倒下青江菜及鮑魚菇，邊炒邊放入①料，翻炒數下，再倒進素高湯煮滾。
4. 加入②料使成糊糊狀後盛起，淋下麻油，即可供食。

Method:

1. Discard any old withered leaves from the green vegetables; wash. Cut in half lengthwise. Discard the mushroom stems; wash mushrooms, then cut into large pieces.
2. Cook the vegetables and mushrooms in boiling water for 1 minute, then plunge them immediately in a bowl of cold water. When completely cool, drain.
3. Heat the oil in a wok; add the vegetables and mushrooms. Stir-fry; add seasoning ①. Pour in the stock and bring to a boil.
4. Thicken the liquid with the cornstarch paste (seasoning ②); sprinkle with sesame oil. Transfer to a serving dish.

備註：

青江菜和鮑魚菇先煮過再浸冷，是爲使顏色美觀。如非宴客可省去這道手續。

Note:

The vegetables are plunged in cold water to retain their bright color.

jpepito王鼎汉

炸素捲

FRIED VEGETARIAN ROLLS

材料：

馬鈴薯1個、新鮮海帶丁粒3大匙、老豆腐1塊、酸菜丁粒3大匙、乾豆腐皮6張、桂末椒鹽適量。

Ingredients:

1 potato, 3 tablespoons fresh diced kelp, 1 square beancurd, 3 tablespoons diced sour cabbage, 6 sheets dried beancurd skin, some salt pepper

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
56.7 g	58.2 g	75.5 g	3400mg	1.9 g	1052.6cal.

調味料：

①鹽1茶匙、糖½大匙、胡椒粉½茶匙。

②鹽½茶匙、糖1茶匙、味精½茶匙、麻油2茶匙。

③麵粉6大匙、清水1½大匙、蛋白3個(或蛋2個)。

Seasonings:

① 1 teaspoon salt, ½ teaspoon pepper powder, ½ tablespoons sugar

② ½ teaspoon salt, 1 teaspoon sugar, ½ teaspoon MSG, 2 teaspoons sesame oil

③ 6 tablespoons flour, 1½ tablespoons water, 3 egg whites (or 2 eggs)

做法：

1. 馬鈴薯去皮煮熟或蒸熟，趁熱壓成泥狀，加入海帶丁粒及①料仔細拌勻，等分爲二；老豆腐入滾水中燙煮3分鐘後撈起，滴乾水份，壓成泥狀，加入酸菜丁粒和②料仔細拌勻，等分爲二；將③料拌成糊料，備用。
2. 取兩張半圓形的豆腐皮交疊成 形，將上述兩種餡料分舖於A、B兩端，再由此兩端分別向內包折至互疊。
3. 另取一張豆腐皮將包有餡料的豆腐皮全部捲起，以糊料封口，再將整個豆腐皮捲的外皮沾勻糊料，同法做成另一條素捲。
4. 將素捲放入七分熱的炸油中，用中火炸至呈焦黃色(約7～8分鐘)即可起鍋，切段塊，沾桂末椒鹽，趁熱供食。

Method:

1. Peel and cook the potato, then mash it while still hot. Mix in the diced kelp and seasoning ①. Divide the mixture in half.
2. Cook the beancurd in boiling water for 3 minutes then drain and mash it. Mix in the diced sour cabbage and seasoning ②. Divide the mixture in half.
3. Beat seasoning ③ together to form a batter.
4. Place two sheets of beancurd skin overlapping each other thus: . Place some of the potato stuffing at B and the beancurd stuffing at A. Fold the top edge down and the bottom edge up to overlap, forming a long roll.
5. Use a third sheet of beancurd skin to wrap up this stuffed roll. Seal the edges with some batter. Make another roll in the same way then coat both rolls in batter.
6. Heat the oil till moderately hot, then deep fry the rolls over moderate heat till a light golden brown (about 7～8 minutes). Remove the rolls from the pan. Cut each roll into sections and serve with the salt pepper.

jpepito王鼎汉

永結同心

SEAWEED WITH VEGETABLES AND DRIED BEANCURD KNOTS

材料：

乾髮菜1大匙、沙拉油4大匙、葱屑1大匙、素高湯1½飯碗、千張結1½飯碗、蘇打粉¼茶匙、胡蘿蔔6～8塊、草菇10粒、太白粉水2大匙。

Ingredients:

1 tablespoon hair-like seaweed (fa-tsai); 4 tablespoons oil, 1 tablespoon green onion (finely chopped), 1½ cups dried beancurd knots, ¼ teaspoon baking soda, 1½ cups stock, 1 carrot (cut into 6～8 pieces), 10 straw mushrooms, 2 tablespoons cornstarch paste

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
27.4 g	66 g	30.1 g	2200mg	3.1 g	824cal.

調味料：

鹽1茶匙、味精½茶匙、糖1茶匙、胡椒粉½茶匙。

Seasonings:

1 teaspoon salt, ½ teaspoon MSG, 1 teaspoon sugar, ½ teaspoon pepper

做法：

1. 髮菜用清水浸泡10分鐘後撈起備用。
2. 炒鍋入油，先將葱屑炒香，放入千張結、蘇打粉和素高湯一起煮3分鐘，再放入調味料、草菇、髮菜及胡蘿蔔塊續煮2分鐘，淋下太白粉勾芡即可供食。

Method:

1. Soak the seaweed in water for 10 minutes; drain.
2. Heat the 4 tablespoons oil in a wok. Stir-fry the chopped green onion, then add the beancurd knots, baking soda and stock. Bring to a boil and simmer for 3 minutes. Next add the seasonings, seaweed, carrot and mushrooms; continue to simmer for 2 minutes more. Thicken with the cornstarch paste then transfer to a serving plate.

備註：

千張結和蘇打粉可單獨先煮3分鐘，撈出洗淨再和其他材料一同炒煮，味道更鮮美。

Note:

The flavor of this dish is improved if the beancurd knots are thoroughly rinsed after cooking in the baking soda for 3 minutes.

jpepito王鼎汉

煎茄絲餅

EGGPLANT PATTIES

材料：

大茄子4條、太白粉5～6大匙、沙拉油½飯碗。

Ingredients:

4 eggplants, 5～6 tablespoons cornstarch, ½ cup oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
5.4 g	96.8 g	67.8 g	3200mg	5.4 g	1164cal.

調味料：

①胡椒粉⅓茶匙、花椒粉½茶匙、味精½茶匙、鹽½茶匙、葱屑½大匙。

②黑醋1大匙、醬油1大匙、素高湯1大匙、蒜茸½大匙、麻油½大匙。

Seasonings:

① ⅓ teaspoon pepper, ½ teaspoon xanthoxylum seed powder, ½ teaspoon MSG, ½ teaspoon salt, ½ tablespoon green onion (finely chopped)

② 1 tablespoon dark vinegar, 1 tablespoon soy sauce, 1 tablespoon stock, ½ tablespoon garlic (finely chopped), ½ tablespoon sesame oil

做法：

1. 茄子刨去外皮切成長段，先浸水中片刻，然後撈起放入蒸鍋蒸7～8分鐘，取出倒去水份，加入①料用筷子拌勻。
2. 等拌勻①料的茄子稍凉以後，再加入太白粉攪拌均勻。
3. 平底鍋入油一半，加至八～九分熱，舀起2大匙茄糊入鍋，用中火煎至焦黃，小心翻面，同時略壓茄糊使呈餅狀，等兩面都呈焦黃時，即可盛起沾拌勻的②料或蕃茄醬吃食。

Method:

1. Peel the eggplant and cut it into chunks; soak in cold water for a while. Drain eggplant and steam for 7～8 minutes. Drain off the liquid; mash up the eggplant with seasoning ① .
2. Once the eggplant mixture has cooled, mix in the cornstarch thoroughly.
3. Heat the oil in a flat bottomed pan. When the oil is hot put in the eggplant mixture, about 2 tablespoons to one patty. Fry the patties over moderate heat till golden brown, then turn very carefully; press each one a little to flatten. When both sides are golden brown, transfer to a serving dish. Mix up seasoning ② or add some tomato ketchup to serve as a dip.

jpepito王鼎汉

咖哩豆腐

CURRIED BEANCURD

材料：

老豆腐2大塊、小紅辣椒2～3粒、青綠辣椒3～4支、沙拉油4大匙、紅蔥頭屑1½大匙、咖哩粉1包(約3大匙)、清水¼飯碗、鮮奶½飯碗、太白粉水1½大匙。

Ingredients:

2 squares beancurd, 2～3 red chilies, 4 tablespoons oil, 1½ tablespoons chopped red scallion bulb, 1 pack curry powder (about 3 tablespoons), ¼ cup water, ½ cup milk, 1½ tablespoons cornstarch paste

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
16.6 g	68.7 g	27.3 g	3200mg	0.4 g	793.9cal.

調味料：

鹽1½茶匙、糖1大匙、味精½茶匙。

Seasonings:

1½ teaspoons salt, 1 tablespoon sugar, ½ teaspoon MSG

做法：

1. 豆腐洗淨放入滾水中煮3分鐘後撈起，滴乾水份，再切成3公分見方塊。
2. 小紅辣椒和青椒洗淨後去蒂，小紅辣椒切成小丁粒，青椒切成3公分見方段。
3. 炒鍋入油，先入紅葱頭屑炒呈焦香，再放入咖哩粉快速翻炒，然後立刻放下豆腐、小紅辣椒、青椒和調味料一起煮滾，加蓋繼續用中小火煮3～5分鐘(其間要翻炒)。
4. 再放進鮮奶翻炒至湯汁減少時加入太白粉水勾芡，即可盛食。

Method:

1. Rinse the beancurd, then cook in boiling water for 3 minutes. Drain and cut into inch cubes.
2. Wash the green and red chilies; cut off the stems, then dice the red chilies and cut the green ones into 1" long pices.
3. Heat the 4 tablespoons of oil in a wok. Stir-fry the chopped red scallion, then add the curry powder and stir-fry briefly. Add the beancurd, green and red chilies, water and seasonings; bring to a boil. Cover and simmer gently for 3～5 minutes. (Stir from time to time.)
4. Add the milk, then stir-fry till the sauce is reduced but not completely absorbed. Thicken with the cornstarch paste. Remove to a serving dish.

備註：

1. 先將豆腐煮過，是爲了去除豆腐中的豆水味及石膏味，以使豆腐在烹調中較易入味。
2. 此菜十分辣，不敢吃太辣的讀友可將材料中二種極辣的辣椒略去不用。

Notes:

1. The beancurd is first cooked in boiling water to eliminate the taste of raw beans and excess liquid.
2. This is a very spicy recipe. The amount of chilies can be cut down or left out altogether if desired.

jpepito王鼎汉

腐衣香茉
BEANCURD SKIN ROLLS WITH FRESH BASIL

材料：

乾豆腐皮4張、豆包6片、九層塔75公克、炸油1鍋。

Ingredients:

6 packs beancurd skin, 2.5 ounces fresh basil, 4 sheets dried beancurd skin, 4～5 cups oil for frying

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
48.4 g	58.9 g	30.9 g	2200mg	1.6 g	847.3cal.

調味料：

①鹽1茶匙、糖2茶匙、味精½茶匙。

②麵粉2大匙、清水1½大匙（調勻）。

Seasonings:

①1 teaspoon salt, 2 teaspoons sugar, ½ teaspoon MSG

② 2 tablespoons flour, 1½ tablespoons water (mixed well together)

做法：

1. 豆包拆散；九層塔去掉老殘莖葉洗淨和豆包一起切碎，與①料拌勻，分成二等份。
2. 取豆皮2張交疊成 狀，將拌好之碎屑料置於疊好之豆皮的A邊成寬條，再折捲成長枕形，B邊用②料塗起封沾。
3. 油加至八分熱，將折好之香菜捲投入，用中火炸約5分鐘撈起，略凉後切成小段即可食用。

Method:

1. Unfold the packs of beancurd skin. Wash the leaves of basil, throwing out old withered leaves and stems. Chop the beancurd skin and basil together and mix in the seasoning ①. Divide this mixture in half.
2. Take two sheets of dried beancurd skin and place them overlapping each other in this way . Put one half of the mixed ingredients onto A. Roll up the beancurd skin folding in the edges and sealing the end with the flour and water paste (seasoning②). Repeat this process to make one more beancurd skin roll.
3. Heat up the oil in a wok till moderately hot, then deep fry the rolls for 5 minutes. Remove and drain. When cool, cut rolls into serving sized pieces.

jpepito亞鼎汉

扒双冬

STIR-FRIED BAMBOO SHOOTS WITH DRIED MUSHROOMS

材料：

竹笋3支、香菇12朵、沙拉油4大匙。

Ingredients:

3 fresh bamboo shoots, 12 dried black mushrooms, 4 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
16.8 g	59.1 g	33.4 g	3500mg	6.1 g	732.7cal.

調味料：

鹽⅔茶匙、醬油2大匙、味精½茶匙、糖½大匙。

Seasonings:

⅔ teaspoon salt, 2 tablespoons soy sauce, ½ teaspoon MSG, ½ tablespoon sugar

做法：

1. 竹筍去皮，削去老莖，對剖爲二；放入滾水煮20分鐘後撈起，用冷水浸凉；再切爲½公分厚的塊片。
2. 香菇洗淨去蒂，用清水浸泡2小時之後對切爲二(亦可不切)。
3. 炒鍋入油，倒下竹筍，以大火炒3分鐘，再放入香菇、調味料及少許浸香菇的汁續炒，然後加蓋燜煮3分鐘即可盛食。

Method:

1. Peel the bamboo shoots; cut each in half. Cook them in boiling water for 20 minutes. Drain; soak in cold water till cool, then cut into slices about 1/6" wide.
2. Wash the dried mushrooms, cut off the stems, then soak them in cold water for 2 hours. Cut each mushroom in half if large .
3. Heat the 4 tablespoons oil in a wok. Stir-fry the bamboo shoots for 3 minutes, add the mushrooms, the seasonings, and a little of the water the mushrooms were soaked in. Stir-fry for a second or two, then cover the wok and simmer over low heat for 3 minutes. Remove to a serving dish.

備註：

湯汁不可太多。

jpepito王鼎汉

茄汁豆酥

LIMA BEANS WITH KETCHUP

材料：

去皮的皇帝豆(或大蠶豆)300公克、沙拉油3大匙、蕃茄醬3大匙、清水4大匙、蒜茸½大匙、炸油1鍋。

Ingredients:

10 ounces peeled lima beans, 4～5 cups oil for deep frying, ½ tablespoon garlic (finely chopped),3 tablespoons tomato ketchup, 4 tablespoons water, 3 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
36.6 g	63.5 g	151.8 g	3226mg	4.6 g	1325.1cal.

調味料：

①麵粉½碗、蛋白1個、鹽⅓茶匙、沙拉油1大匙、胡椒粉⅓茶匙、水適量。

②糖2大匙、醋1大匙、鹽1茶匙、味精½茶匙。

Seasonings:

①½ cup flour, 1 egg white, ⅓ teaspoon salt, 1 tablespoon oil, ⅓ teaspoon pepper, some water

②2 tablespoons sugar, 1 tablespoon vinegar, 1 teaspoon salt, ½ teaspoon MSG

做法：

1. 將①料調勻放10分鐘。
2. 去皮的皇帝豆洗淨，滴乾水份，與調好的①料拌勻(亦可將皇帝豆先蒸熟再放入)。
3. 炸油加至六分熱，將沾好①料的皇帝豆放入，用中小火慢慢炸透(約炸10分鐘左右)。
4. 炒鍋入油，放入蒜茸炒香，再放進蕃茄醬、清水及②料拌勻、煮滾，放入炸好的皇帝豆，拌炒均勻，即可供食。

Method:

1. Beat together seasoning ① to make a batter, then leave it to stand for 10 minutes.
2. Wash the beans, then drain thoroughly; mix with the battter. (The beans can be steamed first)
3. Heat oil till moderately hot. then add the batter coated beans and deep fry over medium heat till golden brown (about 10 minutes).
4. Pour off all but 3 tablespoons oil from the pan, then stir-fry the garlic for a few seconds. Add the tomato ketchup, water and seasoning②. Bring to a boil, then add the fried beans and mix well. Remove to a serving dish.

jpepito王鼎汉

香菌鴨

VEGETARIAN ROLLS WITH MUSHROOMS

材料：
乾豆腐皮16張、小刷1支、紗布1塊、麻繩約60公分。

Ingredients:
16 sheets dried beancurd skin, 1 brush, 1 piece gauze, 20″ string

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
6.4 g	34.4 g	62.9 g	8200mg	1.2 g	586.8cal.

調味料：

①醬油4大匙、香菇細屑4大匙、糖2½大匙、五香粉1茶匙、味精½茶匙、鹽½茶匙、麻油1大匙。

②素高湯2飯碗、醬油3大匙、冰糖1大匙、甘草8片、肉桂1大片。

Seasonings:

①4 tablespoons soy sauce, 4 tablespoons mushrooms (finely chopped), 2½ tablespoons sugar, 1 teaspoon five-spice powder, ½ teaspoon MSG, ½ teaspoon salt, 1 tablespoon sesame oil

②2 cups stock, 3 tablespoons soy sauce, 1 tablespoon rock sugar, 8 slivers licorice root, 1 slice cinnamon

做法：

1. 將①料拌勻且略煮做爲味料；將②料熬煮20分鐘後做成滷汁，均備用。
2. 取一張乾豆腐皮用小刷沾味料塗抹均勻，另取1張豆腐皮舖在上面使成 A/B 形再塗一次味料，如此重複塗到第八次即可由A端向B端折捲成豆腐皮捲。
3. 用紗布將豆腐皮捲包成枕形，再用麻繩捆紮結實即可；所有的材料可做成兩份素捲。
4. 做好的素捲利用煮飯時放入一起蒸熟，取出待涼後再放入素滷汁煮3～5分鐘，取出待完全涼後即可拆去紗布切片而食。

Method:

1. Mix together seasoning①, then put into a pan to cook for a little while. Remove the pan from the heat and set aside. Heat up seasoning② in a pan and simmer for 20 minutes; pour into a bowl and set aside.
2. Spread out a sheet of beancurd skin and paint it all over with cooked seasoning①. Place a second sheet of beancurd skin on top so they overlap each thus A/B . Paint the second sheet of beancurd with seasoning①, then place another sheet of beancurd skin on again. Repeat the process till 10 sheets have been placed one on top of the other. Roll up the beancurd skins (rolling from A to B) to make a roll. Use the remaining 10 sheets of beancurd skin to make another roll in the same way.
3. Wrap each beancurd roll in some gauze and bind carefully with string.
4. The rolls can be steamed in a rice cooker while the rice is being cooked or steamed separately for 15～20 minutes. When cooked, allow the rolls to cool. Then marinate in the spiced liquid made from seasoning② for 3～5 minutes. Take them out and unwrap the gauze. When absolutely cold, slice rolls and arrange the pieces on a serving plate.

jpepito王鼎汉

木耳燒素肉

STIR-FRIED GLUTEN WOOD EAR FUNGUS

材料：

生麵筋丸225克、醬油2大匙、木耳75克、沙拉油3大匙、嫩薑數片、素高湯3大匙。

Ingredients:

8 ounces raw gluten, 2 tablespoons soy sauce, 3 tablespoons oil, 2.5 ounces wood ear fungus, a few slices ginger, 3 tablespoons stock

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
47.9 g	43.4 g	91.8 g	4200mg	5.5 g	949.4cal.

調味料：

鹽1茶匙、糖1½大匙、味精½茶匙。

Seasonings:

1 teaspoon salt, 1½ tablespoons sugar, ½ teaspoon MSG

做法：

1. 將生麵筋丸撕成片塊，用醬油醃拌20分鐘，放入八～九分熱的炸油中炸½分鐘後撈起，滴乾油份。
2. 木耳切去沙根，洗淨，切成3公分見方片。
3. 炒鍋入油，放入木耳片、嫩薑片翻炒數次，再放進炸好的麵筋和調味料續炒，然後倒進素高湯加蓋燜煮1～2分鐘即可盛食。

Method:

1. Tear the pieces of gluten into small bits and marinate them in the soy sauce for 20 minutes. Heat some oil in a pan and deep fry the bits of gluten over high heat for 30 seconds. Remove and drain.
2. Trim the fungus, wash it, then cut it into 1″ square slices.
3. Heat the oil in a wok, then add the fungus and ginger; stir- fry for a short while. Add the gluten and the seasonings; stir-fry a few seconds more. Pour in the stock and simmer with the lid on for 1～2 minutes. Transfer to a serving dish.

備註：

除木耳之外亦可加入小黃瓜、胡蘿蔔及菜梗等，以使菜色更美。

Note:

Cucumber and carrot may be added to liven up the appearance of this dish.

jpepito王鼎汶

農家樂

FARMER'S JOY

材料：

小白菜375公克、冬粉1把、木耳1大朵(切片)、胡蘿蔔片約10片、沙拉油4大匙、蔥屑⅓茶匙、素高湯1/5飯碗。

Ingredients:

13 ounces white Chinese cabbage, 1 bundle bean thread noodles, 4 tablespoons oil, ⅓ teaspoon greed onion (finely chopped), 1 large wood ear fungus (sliced), 10 slices carrot, 1/5 cup stock

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
56.3 g	98.8 g	190.3 g	4333mg	13.4 g	1875.6cal.

調味料：

鹽⅔茶匙、醬油1½大匙、味精½茶匙、糖1茶匙。

Seasonings:

⅔ teaspoon salt, 1½ tablespoons soy sauce, 1 teaspoon sugar, ½ teaspoon MSG

做法：

1. 小白菜去老殘葉，洗淨，切成3公分長段；冬粉在冷水中浸軟後，切5公分長段。
2. 炒鍋入油，將葱屑炒香後，放入木耳、胡蘿蔔約炒1分鐘，再倒下白菜略加翻炒。
3. 加進冬粉、素高湯及調味料拌炒均勻，加蓋燜煮1分鐘後即可供食。

Method:

1. Throw out any old withered cabbage leaves, then wash and cut into 1″ long pieces.
2. Soak the bean thread noodles in cold water till soft, then cut them into 1½″ lengths.
3. Heat the oil in a wok and stir-fry the green onion for a while; add the fungus and carrot; stir-fry for 1 minute. Put in the white cabbage and stir-fry for a few seconds more.
4. Add the bean thread noodles, stock and seasoning ingredients, mix well. Cover and simmer for 1 minute. Transfer to a serving dish.

備註：

此菜除木耳、胡蘿蔔外，筍片、香菇、豆腐皮均可放入。

Note:

Bamboo shoots, mushrooms and beancurd skin can be added to this dish.

jpepito王鼎汉

炸紫菜素捲

FRIED VEGETARIAN SEAWEED ROLLS

材料：

紫菜3張、胡蘿蔔絲、小黃絲瓜、筍絲、木耳絲各¼飯碗、鹽½茶匙、炸油1鍋。

Ingredients:

¼ cup carrot shreds, ¼ cup cucumber shreds, ¼ cup bamboo shoot shreds, ¼ cup wood ear fungus shreds, ½ teaspoon salt, 3 sheets dried black seaweed, 4 ~5 cups oil for deep frying

jpepito王鼎汶

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
12.4 g	41.4 g	57.3 g	4133mg	4.5 g	651.4cal.

調味料：

①麵粉2大匙、清水1½大匙。

②醬油 3 大匙、清水3大匙、味精⅓茶匙、太白粉2茶匙、花椒粉½茶匙、沙拉油1½大匙。

Seasonings:

① 2 tablespoons flour, 1½ tablespoons water

② 3 tablespoons soy sauce, 3 tablespoons water, ⅓ teaspoon MSG, 2 teaspoons cornstarch, ½ teaspoon xanthoxylum seed powder, 1½ tablespoons oil

做法：

1. 將①料調勻做成糊料；②料中先將沙拉油入鍋，其他材料混合後放入一起煮滾做成沾料備用。
2. 各種絲料加鹽拌勻後等分爲3份，分別平舖在3張紫菜上捲起，封口及兩端均用糊料沾住。
3. 將紫菜捲投入七分熱的炸油中，用中火炸5分鐘即可撈起，滴乾油份。
4. 取利刀將紫菜捲斜切盛盤，附上沾料即可供食。

Method:

1. Mix seasoning① to form a paste. Combine seasoning② thoroughly. Heat the oil in a wok and add seasoning ②. Bring to a boil then pour out into a dish to use as a dip.
2. Mix the shredded ingredients and salt together; divide into 3 equal parts. Place each pile on a sheet of seaweed and roll it up. Seal the edge with the flour and water paste.
3. Heat oil till moderately, hot then deep fry the rolls for 5 minutes. Drain them and slice diagonally; arrange on a serving plate. Serve with the dip.

備註：

1. 所有絲料也可以分別加鹽拌勻，然後分色舖在紫菜上再捲起，顏色更美。
2. 食葷者亦可加入肉絲和蛋絲。

Notes:

1. Each of the shredded ingredients can be mixed separately with a little salt then laid on the seaweed sheets color by color to give a more attractive result.
2. Non-vegetarians can use some shredded pork and egg as well.

jpepito王鼎汶

麻醬豆腐

BEANCURD WITH SESAME SAUCE

材料：

方形嫩豆腐4小塊、清水6飯碗、葱花1大匙、香椿屑3大匙、鹽½茶匙。

Ingredients:

4 squares beancurd, 6 cups water, 1 tablespoons green onion (finely chopped), 3 tablespoon cedar shoots (finely chopped), ½ teaspoon salt

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
33.5 g	38.1 g	31 g	3850mg	0.4 g	600.9cal.

調味料：

芝麻醬1½大匙、麻油1大匙、醬油1½大匙、鹽½茶匙、味精½茶匙、涼開水4大匙、糖1茶匙。

Seasonings:

1½ tablespoons sesame sauce, 1 tablespoon sesame oil, 1½ tablespoons soy sauce, ½ teaspoon salt, ½ teaspoon MSG, 4 tablespoons cold (boiled) water, 1 teaspoon sugar

做法：

1. 豆腐用清水滾煮1分鐘，撈起滴乾水份，置於深口盤中。
2. 香椿屑加鹽½茶匙揉搓醃2小時後洗淨，與調味料調勻，淋在豆腐上，食前撒下葱花即可。

Method:

1. Cook the beancurd in boiling water for 1 minute. Drain off the water and put the beancurd in a dish.
2. Mix the seasonings with cedar shoots and salt thoroughly, then pour this over the beancurd. Scatter the chopped green onion on top.

備註：

1. 喜吃冰涼者，可將煮滾之豆腐加保鮮膜存放冰箱中，食前倒去滲出水份，淋上調味料即可。
2. 此菜可改用花生醬或皮蛋、肉鬆等來取代芝麻醬。
3. 本菜如用花生醬(鹹或甜皆可)，要先以鮮奶調薄再加其他味料。

Notes:

1. For a cold dish, after cooking the beancurd, put it in the refrigerator to chill and pour the sauce over it just before serving.
2. Peanut sauce, marble eggs or dried shredded pork can be used instead of sesame sauce.
3. Peanut sauce can be made by mixing a little milk with some peanut butter, then combining this with the other seasonings.

jpepito王鼎汉

莧菜豆腐

BEANCURD WITH AMARANTH

材料：

莧菜600公克、嫩豆腐(12×12 公分)1½塊、紅豆腐乳(1公分×1公分×2公分)1小方塊、蒜泥3茶匙、沙拉油8大匙、高湯½碗、太白粉水2½大匙。

Ingredients:

1.3 pounds amaranth, 1½ squares beancurd(4″×4″), 1 square red fermented beancurd (3/8″×3/8″×¾″), 3 teaspoons garlic (finely chopped), 8 tablespoons oil, ½ cup stock, 2½ tablespoons cornstarch paste

jpepito王鼎汉

主要營養成份：**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
25 g	133 g	52 g	910mg	——	1433cal.

調味料：

鹽少許、糖2茶匙、味精¼茶匙。

Seasonings:

some salt, 2 teaspoons sugar, ¼ teaspoon MSG

做法：

1. 莧菜摘出嫩的菜心和葉子仔細冲洗，然後用手像搓揉洗衣那樣揉到菜心十分柔軟爲止。
2. 豆腐切成 3 公分立方小塊，用漏杓盛着，以滾水燙煮1分鐘，撈起滴去水份。
3. 紅方豆腐乳連少許汁壓爛成泥和蒜茸混合。
4. 炒鍋燒熱，倒8大匙油，先倒下豆腐乳、蒜泥略煮香，再把調味料放下，即放莧菜拌炒均勻，加蓋煮片刻。開蓋後放下豆腐，續煮2～3分鐘，淋下太白粉水勾芡即可供食。
5. 因是素食，故要略加味精以提味，本菜香滑腻嫩十分可口，如將半份炒油換成麻油則香味更佳。

Method:

1. Wash the amaranth, discarding the tough stalks and old leaves. Lightly rub the leaves during washing as this softens them.
2. Cut the beancurd into 1-inch cubes. Put the cubes in a strainer and parboil in boiling water for 1 minute. Remove and drain.
3. Smash the red fermented beancurd and mix with chopped garlic.
4. Heat the oil in a pan; stir-fry the fermented beancurd and garlic mixture. Add the seasonings and amaranth; mix evenly. Cover the pan and simmer for a while. Remove the lid and add the beancurd, let mixture boil for another 2～3 minutes. Thicken the liquid with cornstarch paste. Transfer to a serving dish.
5. MSG is added to enhance the flavors in this vegetarian dish. The dish will also taste better if you replace half of the oil with sesame oil.

jpepito王鼎汉

扁魚白菜

CABBAGE WITH FISH STOCK

材料：

包心白菜（大）1顆、扁魚乾40公克、太白粉水3大匙、高湯1飯碗、沙拉油5大匙、薑茸½大匙。

Ingredients:

1 large Chinese cabbage, 1.5 ounces dried flat fish, 3 tablespoons cornstarch paste, 1 cup stock, 5 tablespoons oil, 1 cup oil for frying, ½ tablespoon ginger (finely chopped)

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
39 g	106 g	49 g	3900mg	56mg	1255cal.

調味料：

鹽1½茶匙、糖½大匙、香醋1大匙。

Seasonings:

1½ teaspoons salt, ½ tablespoon sugar, 1 tablespoon aromatic vinegar

做法：

1. 包心白菜洗淨剝去老葉，切成大長條片塊。
2. 扁魚乾用燒熱的炸油炸焦（油不可太熱否則焦黑則苦）立刻撈起，涼後會變脆。炸扁魚用的油不宜作他用，故要注意不可用太多以免浪費。
3. 將炒鍋燒熱，放下沙拉油燒熱再放進薑茸略爆香，隨之倒進包心菜加入高湯即加蓋煮滾翻炒，等菜完全變軟而爛熟時加入大半炸好並壓碎的扁魚屑，再翻炒並加進調味料同炒片刻，再淋下太白粉水勾芡成糊即成。
4. 盛在盤中之菜面上再撒下小部份炸好的扁魚屑。
5. 喜辣味的可自加辣椒。

Method:

1. Wash the cabbage, discarding the old leaves; cut into long pieces.
2. Heat up some oil in a wok and fry the dried flat fish over moderate heat till golden brown. Remove immediately. (The oil should not be too hot, otherwise the fish will scorch and taste bitter.) Once cooled, the fried fish will become crispy. Be sure not to use too much oil as the oil used to fry the dried fish will not be suitable for further use.
3. Heat up 5 tablespoons of oil in the wok and stir-fry the chopped ginger. Add the cabbage and stock, then cover the wok and bring to a boil. When the cabbage is completely softened, add the fried, mashed fish crumbs. Stir-fry again; add the seasonings and stir-fry for another few minutes. Thicken the liquid with cornstarch paste.
4. Transfer to a serving dish and sprinkle some dried flat fish crumbs on top.
5. Red pepper can be added if you prefer a more spicy dish.

奶油菜捲

CREAMY CABBAGE ROLLS

材料：

高麗菜1顆、沙拉油6大匙。

Ingredients:

1 Chinese cabbage, 6 tablespoons oil

餡料：

香菇、2大匙、蝦仁、8大匙、熟火腿、4大匙、熟鷄肝、6大匙、五花絞肉½飯碗（粗粒的）、胡蘿蔔屑2大匙。

Fillings:

2 tablespoons dried black mushrooms, 8 tablespoons chopped shelled shrimps, 4 tablespoons chopped cooked ham, 6 tablespoons chopped cooked chicken liver, ½ cup ground pork, 2 tablespoons chopped carrot

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
60.7 g	167.7 g	68.2 g	4200mg	530mg	2024.9cal.

湯汁料：

高湯⅔飯碗、牛奶3大匙、酒1大匙、麵粉3大匙、鹽2茶匙。

Seasonings for Soup:

⅔ cup stock, 3 tablespoons milk, 1 tablespoon wine, 3 tablespoons flour, 2 teaspoons salt

調味料：

胡椒½茶匙、味精½茶匙、糖1茶匙、薑酒汁½大匙、太白粉1大匙、麻油2茶匙。

Seasonings:

½ teaspoon pepper, ½ teaspoon MSG, 1 teaspoon sugar, ½ tablespoon ginger wine, 1 tablespoon cornstarch, 2 teaspoons sesame oil

做法：

1. 包心菜高麗菜用滾水燙煮，一面剝下被燙軟的葉子，約剝出10～14片即可。餘留他用。
2. 所有餡料用調味料拌勻；另把每片燙軟菜葉之老莖切薄，取1½大匙餡料包在葉中，捲成6×10公分的長條捲包。
3. 炒鍋入油略溫，把包好的菜捲排入，加蓋，用中小火煎3～4分鐘。開蓋，倒下混合均勻的湯汁料，改中火煮滾3分鐘，熟透即可盛起排在盤中。

Method:

1. Parboil the cabbage in boiling water. Strip off the leaves when they have become soft; about 10 to 14 leaves are enough. Cut away some of the bulky stem to facilitate wrapping.
2. Mix thoroughly all the ingredients for the filling with the seasonings. Wrap 1½ tablespoons of the filling mixture in each leaf; roll up into a 1½″×3″ sausage shape.
3. Heat up the oil in a pan, then put the stuffed cabbage rolls in. Cover the pan and fry over low heat for 3～4 minutes. Remove the lid and pour in the mixed soup seasonings; boil over moderate heat for 3 minutes. Transfer to a serving dish.

jpepito王鼎汶

素什錦

ASSORTED VEGETABLES

材料：

香菇4～5朵、木耳3朵、麵筋捲3個、油豆腐6～7粒、素魷魚片1片、五香豆乾4片、胡蘿蔔½小支（切成3公分見方片）、青花菜½棵、毛豆3大匙、藕1節、白齊4～6個、竹筍1小支、蒜泥1大匙、沙拉油5大匙、浸香菇水½飯碗。

Ingredients:

4～5 dried black mushrooms, 3 wood ear fungus, 3 fried gluten rolls, 6～7 pieces deep fried beancurd (cut in triangles), 1 slice vegetable squid, 4 slices spiced dried beancurd, ½ small carrot (sliced into 1-inch pieces), ½ broccoli, 3 tablespoons green beans, 1 section lotus root, 4～6 water chestnuts, 1 small bamboo shoot, 1 tablespoon chopped garlic, 5 tablespoons oil, ½ cup water used to soak dried black mushrooms

jpepito王鼎汶

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
65.8 g	108.5 g	50.5 g	2700mg	——	1441.7cal.

調味料：

醬油½大匙、鹽1茶匙、麻油1茶匙、味精½茶匙。

Seasonings:

½ tablespoon soy sauce, 1 teaspoon salt, 1 teaspoon sesame oil, ½ teaspoon MSG

做法：

1. 香菇浸水2小時，去蒂一切爲二；各種材料洗淨，木耳去沙根切成數片；麵筋切成3公分片；油豆腐1切爲4；素魷魚切3公分見方長片，用滾水燙一下撈起滴乾水份；豆乾1切爲4片；青花菜切成小朵塊；毛豆用滾水燙1分鐘，撈起；藕去皮切成厚0.5公分的小片；白齊1切爲2；筍去老莖皮，切成成3公分長片。
2. 炒鍋入油，先下蒜泥炒香，再放下香菇、油豆腐、筍片、白齊、木耳、藕片、青花菜，一面炒一面加入¼碗浸香菇水，加蓋燜煮1分鐘，開蓋後放進其他材料及調味料，翻炒2～3分鐘即可供食。

Method:

1. Soak the dried black mushrooms in water for 2 hours. Discard the stems and cut each mushroom into halves. Wash all the ingredients. Cut off the fungus roots; cut into pieces. Slice the gluten rolls into 1-inch sections. Cut each deep fried beancurd into four parts. Slice the vegtetable squid to 1-inch long pieces and parboil in boiling water for a few minutes, then drain. Cut each spiced dried beancurd into four parts. Cut the broccoli into small pieces. Parboil the green beans in boiling water for 1 minute, then drain. Peel the skin off the lotus root and cut into ¼″ thick slices. Cut each water chestnut in half. Peel the bamboo shoot and slice into 1-inch long pieces.
2. Heat up the oil in a pan and stir-fry the chopped garlic. Add the dried black mushrooms, deep fried beancurd, bamboo shoot slices, water chestnuts, fungus, lotus root slices, and broccoli. Stir-fry; pour in ¼ cup of the water used to soak the dried black mushrooms. Cover the pan and simmer for 1 minute. Remove the lid and add the remaining ingredients and seasonings. Stir-fry for another 2～3 minutes. Transfer to a serving dish.

jpepito王鼎汶

苦海慈航

STUFFED BITTER MELON

材料：

苦瓜1條、沙拉油6大匙、毛豆3大匙、白蓉110公克、豆腐干8片、香菇5～6朵、太白粉1大匙。

Ingredients:

1 bitter melon, 1 tablespoon cornstarch, 3 tablespoons beans, 4 ounces water chestnuts, 8 pieces dried beancurd, 5～6 dried mushrooms, 6 tablespoons oil

調味料：

①鹽½茶匙、味精½茶匙、太白粉1大匙、麻油½大匙、五香粉⅓茶匙、糖½茶匙。

②醬油1½大匙、清湯3大匙、蒜泥½大匙、豆豉1大匙、糖1大匙、鹽½茶匙。

Seasonings:

①½ teaspoon salt, ½ teaspoon MSG, 1 tablespoon cornstarch, ½ tablespoon sesame oil, ⅓ teaspoon five-spice powder, ½ teaspoon sugar

② 1½ tablespoons soy sauce, 3 tablespoons stock, ½ tablespoon chopped garlic, 1 tablespoon fermented black beans, 1 tablespoon sugar, ½ teaspoon salt

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	纖維 Fibre	總熱量 Total
25 g	95.8 g	79.5 g	3700mg	5.6g	1280.2cal.

做法：

1. 苦瓜去蒂及尾，將瓜身橫切成圓段，挖去籽，再用清水滾煮約2分鐘，然後撈起滴乾水份，並在瓜內抹些太白粉。
2. 毛豆洗淨，煮熟後浸冷水中備用。
3. 將白蘑、豆腐干、香菇（去蒂浸水2小時）等全部切成丁屑粒，放入①料攪拌均勻做成釀料。
4. 炒鍋入油4大匙，倒入拌好的釀料炒1½分鐘後盛起。
5. 將炒好的釀料等份釀入苦瓜中，然後擺在平底盤上，放入蒸鍋蒸25分鐘後取出。
6. 炒鍋入油2大匙，放入毛豆和②料炒煮½分鐘，盛起澆在苦瓜上即可供食。

Method:

1. Cut off the stem and the tip of the bitter melon; cut it into sections. Dig out and discard the seeds, then cook in boiling water for 2 minutes. Drain and pat the gourd sections dry. Coat the inside of each piece with a little cornstarch.
2. Wash the beans, then cook them in boiling water till just done. Drain and soak in cold water till needed.
3. Soak the dried mushrooms in cold water for 2 hours, then cut off and discard the stems. Dice the water chestnutes, dried beancurd and mushrooms, then put into a bowl with seasoning ① and mix well.
4. Pour 4 tablespoons of oil into a wok and stir-fry the diced ingredients for 1 ½ minutes.
5. Fill the pieces of bitter melon with this filling, pressing down firmly. Arrange the stuffed bitter melon on a dish and steam for 25 minutes.
6. Heat up 2 tablespoons of oil in a wok, then stir-fry the beans with seasoning ② for ½ minute. Scatter a little of this mixture on top of each stuffed bitter melon .

備註：

1. 買苦瓜時要挑身圓、色白，且表皮顆粒大的才好吃。
2. 亦可將蒸熟的釀苦瓜放入煮好的高湯或清湯中，作爲湯菜食用。

Notes:

1. When buying a bitter melon, look for a whitish plump one with rough skin.
2. The steamed bitter melon pieces can be added to stock and served as a soup.

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